

Answer key for September 6, 2016 questions:

1. Name five warning signs of suicide.

Choose from list:

- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawn or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

Additional Warning Signs of Suicide

- Preoccupation with death.
- Suddenly happier, calmer.
- Loss of interest in things one cares about.
- Visiting or calling people to say goodbye.
- Making arrangements; setting one's affairs in order.
- Giving things away, such as prized possessions.

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss or change. For more information visit www.suicideispreventable.org

2. It can be dangerous to mention suicide directly to someone who may be at risk. True or False?

False. You don't give a suicidal person ideas by talking about suicide. The opposite is true -- bringing up the subject of suicide and discussing it openly is one of the most helpful things you can do because it signals that you are very concerned and are willing to talk about it.

3. Most people who are thinking about suicide show some warning signs. True or False?

Almost everyone who commits or attempts suicide has given some clue or warning. Do not ignore suicide threats. Statements like "you'll be sorry when I'm dead," "I can't see any way out," -- no matter how casually or jokingly said, may indicate serious suicidal feelings.

4. What are two things that are important to talk about as part of a safety plan?

Choose from list:

- Identify warning signs (thoughts, images, mood, situations, behaviors) or triggers indicate that a crisis might be developing.
- Internal coping strategies, ways to take my mind off distressing thoughts or problems that I can do alone, such as relaxation techniques, exercise.
- People and social settings that provide distraction.
- People that I can ask for help (may include individuals such as friends, family, clergy, or others) as well as)
- Professionals or agencies I can contact during a crisis (e.g. crisis hotlines, warm lines, specific mental health providers, counselors, or others)
- How to make the environment safe (e.g. Remove potential means such as medications, firearms, etc.)

5. List at least two resources that can help someone who may be suicidal. At least one should be a local resource in your community.

- Crisis Walk in Clinics (Rialto, High Desert, Morongo Basin) <http://wp.sbcounty.gov/dbh/crisis-services/>
- Community Crisis Response Teams (East Valley, West Valley, High Desert, Morongo Basin) <http://wp.sbcounty.gov/dbh/crisis-services/>
- Behavioral Health Clinics and Community Based Contract Providers <http://wp.sbcounty.gov/dbh/mental-health-services/general/outpatient-clinics/>
- Didi Hirsch – Suicide Prevention 24/7 - 877-727-4747
- Local Emergency Departments
- Suicide Prevention Lifeline (1-800-273-TALK)
- In case of an emergency please call 911.